

In town for the championships? Where to go, where to shop.



China and the world gets ready for gold.

The history of the Games.
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# Mons

Official newspaper of the 11th IAAF World Junior Championships Beijing 2006



### Athletes on their

# marks and set to go



An athlete practices in Sunday evening

Photo by Tian Yufeng

By Chen Shasha

More than 1,000 athletes. including 806 men and 645 women from a record 180 of the IAAF's 212 Member Federations will take part in the 11th edition of the IAAF World Junior Championships in Athletics, Lamine Diack, president of IAAF said in a news conference yesterday.

"We had did a lot of work to give good service to all the athletes and guests from China and abroad," said Zhang Jiandong, Sectary General of the organizing committee. Accord-



Mr Lamine Diack



Mr Zhang Jiandong

ing to Zhang, more than 1,200 volunteers were recruited to offer services to athletes and journalists. The safeguards are to the same standards as these for the 2008 Olympic games.

Since some of the athletes here will attend the 2008 Olympics, the competition is attracting interest in China and abroad. When we gather in the wonderful city of Beijing, it is understandable that we will be looking ahead a couple of years to the Olympic games," Lamine Diack said. After touring the capital and visiting the Chaoyang Sports

and Recreation Park, he said he believed that two years was long enough for a World Junior Champion to become an Olympic Champion.

There will be 79 Chinese athletes in the competition. Diack said he was particularly looking forward to seeing how well the Chinese juniors perform. He believes home advantage will inspire China's athletes, he repeated that the World Championships was open to the whole world, and wished all the athletes success.

Photos by Da Peng

#### Today's Weather

Cloudy, turning overcast, showers, north to south wind, wind power at level 2 to 3, 29 to 22 degrees centigrade

#### Weather this week

Toward the end of the week, influenced by the cold air and the south air stream. there will be thunderstorms or showers, which could affect traffic and events.

In the early period of the week, the weather will be sunny or cloudy, so that might be the best time to catch the athletics.

Generally speaking, the temperature this week is high, as is the air humidity. People outside for long periods should beware of sunstroke.

Detailed weather forecast: August 16, cloudy turning clear, 22 to 33 degrees centigrade

August 17. clear turning cloudy, 22 to 33 degrees centigrade

August 18, cloudy turning overcast, thunderstorm, 23 to 32 degrees centigrade

August 19, overcast turning cloudy, thunderstorm, 23 to 31 degrees centigrade

August 20, overcast turning cloudy, thunderstorm, 22 to 31 degrees centigrade

(By Zhang Nan)

vs Editor: Hou Mingxin

### Forget the weather, it's all on schedule...

Yesterday was raining, but staff were busy preparing for the Championships.

Some advanced equipment will be used during the championships, like technology to measure the wind from any direction and laser technology that can adjudicate false starts. Under the sandpit, there is equipment that can record sound during the long jump.

The staff come from all over the world, but all are working without umbrellas or raincoats despite the bad weather. Staff from Japan are inspecting the power system on the playing field. Paul, from England, is testing equipment used to keep the results of the pole vault. He is very excited and looks forward the opening

ceremony tomorrow.

IAAF officials have come to Chaoyang Sports Center to oversee the preparations yesterday. Ong Kek Heang, an IAAF official, thinks most aspects are very good. But the officials thought as the board used to check whether an athlete has fouled is the same color as the Plasticine on it, it might be difficult to judge the jumps. Workers accepted the suggestions and changed the color of the red board to blue.

And workers on the playing field said the rain has made the sand harder and they will shield it to keep it dry and soft.

Athletes and coaches are satisfied by the organization's work. They think the preparations are excellent.





nt: Zhang Yanping 🔳 Editor in Chief: Zhang Yabin 🔳 Executive Deputy Editor in Chief: He Pingping 🔳 Director: Jian Ro

Editors: Hou Mingxin Jiang Xubo Designer: Yang Gen







### China ready for more gold

By Jiang Xubo

A team of 79 Chinese athletes will compete in the IAAF World Junior Championships (WJC) held from August 15 to 20, according to list released earlier this month by the Chinese Athletics Federation.

"This is the largest ever Chinese delegation, and our athletes will take part in all 44 events. 13 of them are the favorites in their events," said Feng Shuyong,

deputy Director of the Track and Sport Administration Center, State General Administration of Sport. "As these games are being held here we believe we will have good results."

Among the 39 male and 40 female athletes, all five of the country's World Youth gold medallists from last year's championships will participate. The promising stars are:

Gu Biwei, the girl's High Jump

medallist in last year's WJC held in Marrakech, Morocco, currently ranked the fifth in World Junior list with a best performance of 1.89 meters. Zheng Xingjuan, currently the World Junior leader, ranks the first with 1.92 meters and has also made the Chinese team for the games.

Li Sha, gold medal winner of the Triple Jump in last year's championship, ranks the second in the world list with 13.85 meters.

Zhang Li, who won the Javelin final in Morocco last year, is now ranked second.

Huang Haiqiang, who won the men's High Jump gold medal last year with a record height of 2.27 meters in Marrakech, will defend his title with an improved personal best of 2.28 meters.

Yang Yansheng, who won a gold medal for China in Marrakech, stands as the year's second best junior in men's Pole Vault.

#### Kenyan false-age athletes 'As bad as drug cheats': IAAF

By Liu Dong

Athletes associated with the Kenvan Athletics Association have been caught lying about their ages to get into the competition.

The athletes involved in the scandal include Emmanuel Chamer and Thomas Loriongosiw, representing Kenya, and two Kenyan-born athletes representing Bahrain. Their bone ages didn't match with their claimed ages, After careful survey, IAAF canceled their qualifications for this competition.

Lamine Diack, president of IAAF, said that there was no difference between claiming a false age and taking drugs, both of which were cheating, and that the related people should be punished. "We are shocked by the case," he said, "these athletes will not be allowed to participate in the competition. And we have planned to get in touch with the Kenyan Athletics Association and ask for a further explanation.'

IAAF official said they have been monitoring this form of cheating for a long time. It is common that overage Africa athletes participate in junior championships.

#### German coach quietly confident



German athletes visit the Forbid den City on Monday.

Germany is a country with serious attitude and Germans always try their best to do everything well. Eva Rarr, a coach with the German team, who is nice and warm, is no exception. The events she coaches include the High Jump and the Long Jump. This is her first visit to Beijing, which she believes is a beautiful and civilized city, but which has a lot of people. When asked which famous landscape she wanted to visit, she was very happy to talk about places like the Forbidden City, the Great Wall. But she believes that the most important thing is for the team to obtain the best results.

### Irish eyes smiling at medal prospects

By Ma xiaolei

Although they are fielding a limited squad, Ireland hopes to edge its way on to the medal's table as it sets it eyes on even greater participation in the next Junior Championships.

Ireland is fielding six athletes, accompanied by one coach and one manager.

"Because of the qualifying standards, we do not have many athletes in this year's championship," said coach Giles Warrington, "but we will have 16 athletes at the next IAAF World Junior Championships.

The IAAF World Junior Championship brings a large number of interesting prospects into the limelight, many of whom go onto success at senior level.

Although Warrington said the weather for the Irish athletes had been oppressive, they had sufficient preparation, so all the athletes have kept training and no one has picked up a cold.

This time the athletes will take part in eight events: women's Long Jump, men's and women's 200 meters, men's and women's 100 meters, men's and women's 400m Hurdles and men's 800 meters. Warrington thought that they have a chance to get at least one medal.

He hopes they can get more experience at this championship and build on that in the future.

David McCarthy will compete in the 800 meters at 21:15 tomorrow. He feels that he has prepared well. Now 18, David began training when he was just seven. He hopes to get a medal at these championships.



### South Africans satisfied with preparations

By Zhang Ye

The South African squad believes that their preparation work will translate into medals at this championship.

Mohamed Ally, the South African coach, said that they are ready for the start of the competition tomorrow.

South Africa has sent 30 athletes and four coaches to China. They will participate in 22 events, including 100m(M,W), 200m(M,W), 400m(M,W), 800m(M,W), 1500m(M), 3000mSC(M,W), Long Jump(M), Shot Put(M,W), Discus(W),

 $Javelin(M), 4 \times 100m(M,W),$ 4×400m(M), 110m Hurdles(M), 100m Hurdles(W), 400m Hurdles.

Ally said they would be very competitive, especially in the Long Jump, the Shot Put, the Javelin and the 400m Hurdles. He said that they had best athletes in these events, such as Keenan Watron, JP Hoffman, and Noel Meyer, who all took gold at last year's championships.

The team came to China one week ago to acclimatize and to make final preparations.

Before they came to China, these South African Athletes went to the Namibia Zone VI Africa Games and Mauritius-Southern Regional Champs for competitions, achieving good results. Ally said he hopes his team will do better in China.

Ally said the committee did a lot of preparation work to facilitate the athletes and coaches, but the athletes are still trying to adjust to the weather after arriving from South Africa, where it is now winter, as well as the six-hour time difference.



**News** 

### Organizers to pamper iournalists



The Media Center Photo by Bao Wei

By Liu Dong

championships have attracted a total of 356 journalists from home and abroad to Beijing, including 109 foreign journalists from 27 countries. Considering the media's power, the committee has made great efforts to make a good impression.

There are a number of developments that make these championships so appealing to

journalists. All domestic journalists receive notices released by the committee via SMS. In case iournalists may miss something by failing to receive the SMS, the committee uses various methods of conveying information, such as billboards, websites, and big screens. This is the first time SMS have been used to deliver to groups in this fashion.

Another innovation is the

press restaurant, where hot western and Chinese meals are served to journalists for free, which is a great convenience for journalists.

Besides, the committee is publishing the English championships daily for the first time, in addition to Chinese version.

Everything said at the press conferences after the events will be put on the Internet instantly for the consideration of journalists who cannot be present at the conference. A post service is provided for the first time at this competition.

According to Xia Yinfa, Deputy Director of the media center, the facility provided to journalists is the most complete and advanced among previous competitions ever held in



#### 1,200 professional staff for voluntary services

By Huang Daohen

In line with the principle that voluntary services for the championships should of a high quality and professional, some 1,200 volunteers have been recruited for the event.

The recruitment drive, according to Tong Xiaodan, an officer who is in charge of the project, is made through a combination of on-site recruitment, online signups and telephone sign-ups. University students in Beijing have become the main target group. Applicants were required to have good basic qualities, high spirits and strong professional skills.

In addition to certain abilities, applicants recruited are also provided with different training. including first aid.

The voluntary services tasks are mainly divided into ten fields: interpretation services, accompanving services, reception services, sports services, news services, medical services, technical services, stadium services, transportation services and security services.

"It is an impressive experience, I appreciate serving as a volunteer, and I've gained a lot," said Yu Yang, a senior student from Beijing Second International Studies University.

#### 60,000 bilingual maps delivered to taxi drivers

By Huang Daohen

 $60,\!000\,maps\,were\,distributed$ among taxi drivers following a ceremony held by the organizing committee of the Championships and Beijing Transportation Management Bureau.

Aimed at international officers from IAAF, news reporters and athletes during the championship, the map is marked in both Chinese and English. Competition facilities including stadiums, headquarters of the IAAF, 'Athletes' Village' and hotels for news reporters are all clearly marked. In addition, the map provides transportation information and travel services.

#### Heightened security *around* gymnasium

By Zhang Ye

A number of new security measures will be in place for the championships to ensure the safety of all those involved.

A long-distance security inspection model has been put in place whereby people have to go through a security inspection outside the protection fence of the gymnasium before checking in.

Spectators and their bags must go through an X-ray machine, including people with security cards.

Another new security check is a machine called Sole Check Machine. If there is anything metallic hidden in their shoes an alarm will go off.

Police have eight cameras to monitor the center of the stadium, the roads round the gymnasium and some other important places.

### Effective medical services ready for use

Medical stations have been set up at each designated hotel and all training and competition venues to provide effective medical services to all athletes, staff and spectators, according to Dr Li Yan.

"There have been no serious injuries yet. Some athletes came to our medical stations because they had a bad cold or suffered from heatstroke," Li said.

There will be two doctors, two nurses and an ambulance as well as the necessary equipment and medication for any emergency at each medical station. They will offer medical services, including emergency services, 24 hours a day. In addition, seven rehabilitation doctors will provide services in rehabilitation and physiotherapy rooms at training areas, competition, warm-up areas and hotels.

Li said that these doctors would also provide targeted ser-



The medical center is ready

vices to teams without accompanving doctors. As for teams with accompanying doctors, medical

facilities and service locations will be available. All doctors, nurses, and pharmacists have been appointed by designated medical institutions: Beijing Red Cross Chaoyang

Hospital, China-Japan Friend-

ship Hospital, International SOS Alarm Center, Chaovang Chuiyangliu Hospital, and Beijing Emergency Medical Center.

If someone requires hospitalization they can be transferred to Beijing Red Cross Chao Yang Hospital or China-Japan Friendship Hospital, where they will receive priority treatment.

Map Editor:Yu Shanshan Designer:Yang Gen 世青赛场馆、酒店、医院分布 ●购物点 Shopping Mall 〇中国银行 Bank of China ■商业街 Shopping Street Map of WJC Stadiums, Hotels, Hospital ■ 1-4号观众入口 Audience Entrance 1,2,3,4 ■ 田径练习场 Track and Fields Training Ground A 南口 South Gate 八十中学 No.80 Middle School J 国际田联办公区 IAAF office area B 新闻中心 News Center F 投掷练习场1, 2, 3 Throwing Events Training Ground 1,2,3 C 主体育场 Main Stadium G 运动员入口 Athletes Entrance K 医疗部 Medical department 北辰高尔夫球场 Beichen Golf Course D 贵宾停车场 VIP parking lot H 北口 North Gate 了順南大街 Guangshun Nandajis 北 富成花园 Fuchenghuayuan North 北四环东路 Beisihuan Donglu 北京燕莎望京购物中心 Beijing Yansha Wangjing Wholesale Warehose G 4 3 Ε 燕翔饭店 Yanxiang H. 中日友好医院 China japan friendship hospital 太阳宫公园 Taiyanggong Park 四德公园 Side Park 北三环东路 Beisanhuan Donglu В 二十一世纪饭店 21st Century H. 昆仑饭店 Kunlun H. 燕莎友谊商城 Yansha Shopping Centre 渔阳饭店 Yuyang H. ○亮马河大厦支行 华都饭店 Huadu H. 朝阳公园 Chaoyang Park 朝阳体育中心 Chaoyang sports center 姚家园路 Yaojiayuan Lu 全国农业展览馆 National Agriculture Exhibition Center 三里屯酒吧一条街 Sanlitun Bar Street 上东国际酒店
Upper east international H. 三里屯雅秀服装市场 Sanlitun Yashow Clothing Market 平方公园 Pingfang Park 朝阳公园南路 东四十条 Dongsi 10 Tiao Chaoyanggongyuan Nanlu 工人体育馆 T人体育场 Work's Stadium 如家快捷朝阳公园店 Homeinns H. Worker's Gymnasium 朝阳医院 红领巾公园 环 Honglingjin Park Chaoyang hospital 朝阳门外大街 Chaoyangmenwai Dajie Chaoyang Beilu 朝阳门内大街 Chaoyangmennei Dajie 路 蓝岛大厦 ● Candao Shopping Centre 京广中心支行 Glossary Dong - East Zhong - Middle 日坛公园 Ritan Park Chaoyang Lu 路 阳 朝 Nan - South Lu - Road 兴隆公园 Xinglong Pa Xi - West Jie - Street 友谊商店 贵友大厦 Friendship Store Guiyou Shopping Mall Bei - North Dajie - Avenue 4 組饭店 建国门内大街 Jianguomennei Dajie China resources H. 快 速 ● 赛特购物中心 CVIK Plaza Map by CFP



### **1St** IAAF World Junior Champion-ships



Athens, Greece July 16-20, 1986 Contested by 1,188 athletes from 143 countries

The first IAAF World Junior Championships provided a new stage for international athletics.

Kenyan Selina Chirchir won gold in the 800 Meters and silver in the 1,500.

One of the greatest specialists of the last century turned up: Ilke Wyludda, from East Germany. She achieved her record 65.86 in 1986, which was the Youth-World Best Performance. Ilke dominated the junior scene for several years and also won an Olympic gold in Atlanta in 1996.

### **3rd** IAAF World Junior Champion-ships



Plovdiv, Bulgaria August 8-12, 1990 Contested by 1,033 athletes from 86 countries

Moses Kiptanui from Kenya won the gold medal in the 1,500 Meters and became the best steeplechaser of the years to follow. The unbeatable runner Matthew Birir easily won the 3,000 Meter.

Yoelbi Quesada from Cuba earned the silver medal in the triple jump. He had his days two years later in Seoul.

China's 'Ma Junren Army (Ma Family Army)' had competitive performances and Liu Shixiang won a silver medal in the 3,000 meters.

### **5th** IAAF World Junior Champion-ships



Lisbon, Portugal July 20-24, 1994 Contested by 1,179 athletes from 143 countries

Though no world junior records were broken in Lisbon, it did bring out a large number of potential athletes.

The expected star of the middle-distance races was Daniel Komen from Kenya, who won easily in the 5,000 and 10,000 Meters.

The German star Frank Busemann won the 110 Meters hurdles.

At this championships, China's shot putter Chen Xiaoyan won the first gold medal for China.

# **7th** IAAF World Junior Champion-ships



Annecy, France
July 28-August 21, 1998
Contested by athletes from
170 countries

In Annecy, for the first time the field events program saw both a Pole Vault and Hammer event for women.

With seven gold medals, six silvers and three bronzes, the Chinese dominated the final medal table. Yin Lili won both the 3,000 and 5,000 meters.

In the men's 110 Hurdles, Stanislys Olijars from Latvia managed a gap of 59/100 over the second (13:51). In the discus final, Gabor Mate and Ioltan Kovage from Hungary won in the last rounds.

#### **9th** IAAF World Junior Championships



Kingston, Jamaica July 16-21, 2002

It was the best of the past decade, with three World Junior records registered.

Darrel Brown of Trinidad won in the 100m, Hillary Chenonge of Kenya in the 5,000m, Louis van Zyl of South Africa in the 400m hurdles.

On the women's side, Lashinda Demus and Floe Kuhnert performed excellently in the Pole Vault, and Ivana Brkljacic did well in the Hammer Throw.

For the first time, Antigua (1 silver), Kazakhstan (1 silver), India (1 bronze) and Luxembourg (1 bronze) were listed on the medal table.

## **2nd** IAAF World Junior Champion-ships



Sudbury, Canada July 27-31, 1988 Contested by 1,052 athletes from 122 countries

The second Junior Championships was held in the Laurentian Stadium, Sudbury.

There were some changes in the second championship. Firstly, the traditional 2,000 meters Steeplechase was replaced by the more standard 3,000 meters. The second was more historical; the maximum age for women was relaxed from 18 to 19.

Wilfred Kirochi, a Kenyan middle distance runner, won the 1,500 meters again after his first champion in the same competition in 1986. Noureddine Morceli, an Algerian athlete, won the silver medal in the 1,500 meters. He set a new 1,500-meter world record of 3:28.86 after the Championships.

# **4th** IAAF World Junior Champion-ships



Olympic Stadium, Seoul, Korea

September 16-20, 1992 Contested by 977 athletes from 90 countries

Two things made this championship appealing to spectators. One novelty was the single session of races commencing in the early afternoon until late evening because of climate fconditions. Another innovation was to not run the 20km Road Race at all, in order to merge it with the World Half Marathon for Juniors that took place in Tyneside, Great Britain.

The former Soviet Union participated as a single team, known as the "United Team". Another historic event was the readmission of South Africa on the world sports scene. A unified German team took part in the championships.

## **6th** IAAF World Junior Champion-ship



Sydney, Australia August 21-25, 1996 Contested by 1080 athletes from 143 countries

This Junior Championships was a great experiment for Sydney 2000 Olympic Games.

In Sydney, a six-day program was put into practice for the first time.

Though the results seem inferior and only one world junior record was broken, there were outstanding performances.

Tereza Marinova from Bulgaria won in Triple Jump with 14.62-meters. In the men's 400 Meters hurdles final, Mubarak Al-Nubi from Qatar triumphed with 49:07, leaving the more popular American Angelo Taylor behind. As usual, the Nigerian athletes, Francis Obikwetu and Seun Ogunkoya, dominated in the sprint events.

## 8th IAAF World Junior Champion-ships



Santiago, Chile October 17-22, 2000

The competitions in Santiago may not have been technical novelties, but the Chilean edition turned out to be interesting by creating the "Under 18" World Championships.

Handan Odha Al-Bishi, a Saudi Arabian, won by 44:66 in the men's 400m final, 1.07 seconds over the second (45:73).

Frenchman Florent Lacasse and Spaniard Antonro won in the Middle-Distance finals.

In the men's Long Jump, South African Freitag won the gold medal with 2.30 meters.

Ivana Brkljacic, a 17 yearold Croatian girl, won the gold medal in the women's hammer where everyone predicted an easy victory for Kamila Skolimowska.

#### 10th IAAF World Junior Championships



Grosseto, Italy 13-18 July, 2004

Grosseto is only two hours' drive from Rome and known by those connoisseurs who like to experience un-spoilt land, clear sea, Mediterranean fauna, mild winters and sunny summers, plus wine and decent homemade food.

Eleven Championship records were registered on the 10th IAAF World Junior Championships, including Shalonda Solomon of the US who clocked a formidable 22.82-second run in the final of the 200m, USA's Kerron Clement's 48.51 seconds in women's 400m Hurdles, and Uganda's Boniface Kiprop's 27:81.99 in 10,000m final.

During the five-day competition, 8 continental records and 68 national records were set.

(By Ma Xiaolei, Zhang Ye, Liu Dong and Zhao Hongyi)

### **Comments**





Suzie Knight (16) 4 x 400m relay

#### Suzie Knight, athlete, 400m relay, Australia:

"This is the first time I've been to Beijing and my first time in this event. The warm up was very good. I really want to go to some bars in Beijing. I also want to buy skirts in the silk market. I've brought all my bargaining skills."



Sourah Grahame (16) 3000m Steeplechase.

#### Sarah Arahame, athlete, 3,000m steeplechase, Australia:

"Beijing's weather was wet and hot when I arrived here last Friday, different from Australia. But today is wonderful. The food here is great! Hopefully we can come again if we make the 2008 Olympic games."



Anuliaj.

#### Taivo Magi, coach, 400m, Estonia:

"We arrived in Beijing yesterday (August 12) morning. The weather in Beijing was hot and wet yesterday, but is quite cool today and suitable for athletes."





#### Anne wagı, Team leader, Estonia:

"We have two leading athletes. One is Margus Hunt, who is the second in the World Junior rankings in men's discus. And the other is Kaire Leibak, who ranks first in the list of world junior's women's triple jump."

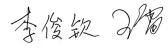


The Just por

#### Tina Jures, athlete,100m, Slovenia:

"Beijing is a very beautiful. This competition is a great experience for me."





#### Li Xinji and Wang Lei, Volunteers:

"We are postgraduates from the Capital Institute of Physical Education and responsible for the opening and closing ceremonies. The preparation work is detailed. We have to clean each country's mast everyday. We practice the opening ceremony four times a day. Last night, we finished the rehearsal at 10pm."



Emanuel Cele South Africa

#### Emanuel Cele, chief sports editor, Sunday Sun, South Africa:

"I am very satisfied with China's organizing work. I got my card in only five minutes. And I had no problems at the airport. The volunteers are very nice and friendly. The security in the hotel is very tight and I feel safe here."



Menzato federico

HAM LAAF WORLD JUNIOR Pace Warking

# Mentato Fderica, athlete,10,000m race walking, Italy:

"This competition is a beautiful experience and I hope to improve myself."





#### Maria Gustafsson, athlete, 200m, Sweden:

"We have 21 athletes coming to Beijing. My best result is 24:49 and I hope I can challenge my best in Beijing."



IRVING SCHEXNAYDER USA ASSISTANT

#### Irving Schexnayder, team assistant, USA:

"We have a group of young people who are very dedicated and have worked very hard in preparation for this competition. We have greatly enjoyed our time in China so far and think we will do well in competition."



ear 2008 in the olympic games (11

Sui Stiettinen

3000mstegilecha FINLAND

#### Suvi Miettinen, athlete, 3,000m steeplechase, Finland:

"This city is very interesting and different from where I come from. This competition area is pretty good and everything is going well. So thank you Beijing and see you in 2008 for the Olympic Games."

(By Qiu Jiaoning, Han Manman

Editor: Yu Shanshan Designer: Yang Gen







### Living in Beijing

### Postal services and currency exchange

Aside from the major banks and post offices, large shops and hotels, such as the Kunlun Hotel, Lufthansa Friendship Store, and the Art and Crafts Shop have foreign-currency exchange and postal facilities. If you have trouble locating these services, just ask their friendly staff. If you need to mail large packages, the Beijing International Post Office, located at Jianguomen Bei Dajie, is recommended. For the sake of convenience, it is better to exchange foreign currency at your hotel before going shopping. Don't exchange money on the black market!

(By Huang Daohen)



### Can I use my credit card?

Check the logos on your card. Foreign cards compatible with the Maestro networks can be used in practically every Bank of China, ICBC and China Merchants Bank branches in Beijing. The Bank of China and many of Beijing's foreign banks accept Visa network cards. Not every ATM in every branch will accept your card, however — the Maestro or Visa compatible ATMs are always clearly marked. If there's no logo, there won't be a connection to your account.

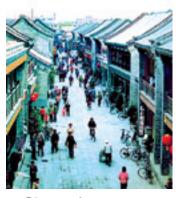
#### Bar

**Houhai Bar Street:** A famous bar street set around a traditional Chinese lake. There are special bars such as Jiadingfang, Kailianhua. Houhai is quiet by day, but it is bustling at night with music, wine and laughter.

Where: Di'anmen Wai Dajie, Dongcheng

**Sanlitun Bar Street:** the original bar street in Beijing and location favored by expats. It is to the north of the embassy area. The bars are open from afternoon to the early hours of the morning.

Where: Sanlitun Beijie, Chaoyang



#### Shopping

Silk Street Market: a major Beijing tourist attraction with an international reputation. In the eyes of foreign tourists, it's considered to be a hot spot that is eponymous with the Great Wall, the Forbidden City, and Beijing Duck. New Silk Street is built next to the original market. It has five floors above ground and three underground floors. It has preserved the original 'street' feel, as well as the structure of the old market, as well as the haggling. "Golden time for shopping" continues after 5pm.

Where: Yonganli, Jianguomen Vai Dajie

#### Liulichang Culture Street: a curio, calligraphy and painting market in Beijing. It is a famous cultural street with origins in the Qing dynasty. There are some shops that have long history like Rongbaozai, Huaiyinshanfang

Where: Hepingmen wai dajie

**Panjiayuan:** a market selling second hand goods and hand made goods. It has more than 3,000 stalls and the sellers come from all over China. It opens from Thursday to Sunday every week, selling calligraphy, paintings, and other articrafts.

Where: west of Panjiayuan Bridge

Pearl (Hongqiao) Market: a famous pearl market in Beijing. It is famous for its pearls and fresh seafood, and also a good place to find traditional Chinese art ware, household supplies and clothes. This market has a good reputation for its high quality products, reasonable prices and customer-friendly service.

Where: 46 Tiantan north Road, Chongwen (*By Ma Xiaolei*)



#### Taxi survival skills

It would be difficult to find a tourist or expat in Beijing who hasn't used the taxi system, so our main advice for the non-Chinese speaker is:

Try to know where you are going – a map or a card with your destination would be extremely helpful to your driver.

Carry small change – your driver may not be able to change a 100-yuan note. Sit in the front seat to make hand gestures more visible. *Zuo guai* is a left turn, and you guai a right turn. Say *ting xia* to stop. Ask for your receipt by saying *fa piao*.

Taxis in Beijing are now all at a two yuan rate. You are within your rights to select any vehicle you wish.

Remember to ask for your receipt in case of an emergency.

# Originality of Sanlitun

#### EARTH'S TREASURES

#### Cowhide skins

Ancient China was all about Genghis Khan, whose force reached Europe in the 13th century. Mongolians used cowhide skins to keep water or alcohol. The skin is etched with Mongolian designs. All Mongolianstyled goods are available in Bo39.



#### beckoning cat

Beckoning cats come from Japan. It is said that it's a female cat if it raises its left hand and is a male cat if it raises its right hand. Different colors represent different wishes: pink for love, red for health, green for academics, gold for fortune, yellow for career, and black for safety. Available in Bo52.

#### Soapdish

This soapdish is made from polished stone. Available in Bo10 in 3.3.



#### Candleholder

Looking like a burning flame, the delicate candleholder is made of blue glass. The history of glassware in China is over 2,000 years old. Available in B015.



#### Clay sculpture

Clay sculpture is a typical Chinese traditional handicraft. Available in Bo38.

(By He Jianwei)

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